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We need a plan. Sexual assault on campus is a national issue

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Investigating the vacuum of accountability

Canada: the country without a plan.

On every campus, in every province and territory, students — and women in particular — face sexual violence and harassment. It devastates minds and bodies and thwarts academic dreams.

And yet: No one is seeking a national solution for this national problem.

As a result, we have bad to non-existent policies and bad to non-existent data. Universities, which have an abysmal track record for responding to and preventing sexual assault, have been given autonomy to fix the problem.

It's bad for the country and dangerous for staff and students.

All week, Metro investigates this vacuum of national accountability. And we begin today, with the story of five women who pose the greatest threat yet to the status quo.



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HALIFAX HEROES Ordinary people doing extraordinary things

Football icon in a field of his own

BEDFORD-SACKVILLE

Generations of players owe their start to Bud Bremner



Yvette d'Entremont
Metro | Halifax

Sporting a jacket emblazoned with the Bedford-Sackville Saints logo, Bud Bremner is always happy to talk about minor football and the "amazing" young people he's coached over the years.

He's less eager to talk about himself.

But Bremner is a local legend. He started the Bedford-Sackville Minor Football program with just a peewee division 47 years ago.

Today, the tackle football program serves players from Grades 2 to 9. Bremner is still president of the football association and only stopped coaching this past year.

"That first year we practised at the Bedford Lions Club between the swings. That was fun. (We got a field after that)...Then there was no place for the boys to go after peewee football," he

47

Number of years Bremner has been involved with minor football



Bud Bremner stands at Bud Bremner Field in Bedford's Range Park. He received the honour in 2010. JEFF HARPER/METRO

recalled.

"So I bummed, begged and borrowed, and some very good people helped me out, and we put a bantam team in."

When the league approached Bremner about adding an atom team, he resisted at first, insisting that a mite team had to be part of the program too. He got his wish.

"The mites, that's the football helmets with feet I always called them, I wanted that here," he

“It's got a togetherness, a camaraderie. That's what football has. Bud Bremner

said of the Grade 2 and 3 players.

"Football develops a person physically and mentally and it teaches you how to win and how to lose. Nobody likes to lose, but it's important to learn how to lose knowing that you have tried

your best. The sport also develops friendships for a lifetime."

For Bremner, those friendships include fellow coaches, players, parents and other supporters. People waved and nodded or stopped for a brief chat

as they passed Bremner while we sat at a coffee shop in Lower Sackville.

In 2010 his dedication to minor football and to local youth was honoured when HRM named the football field at Bedford's Range Park "Bud Bremner Field." Charles P. Allen and Sackville high schools play for the Bremner Bowl.

Incidentally, he and the late Phil Burns also brought football

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or tweet @metrohalifax using the hashtag #Halifaxheroes

to Charles P. Allen High School "many" years ago, Bremner said. "If they paid me by the hour I'd be a millionaire," he joked of his volunteerism.

Although he acknowledged his role in bringing minor football to the Bedford/Sackville area, Bremner said he didn't want to take credit because countless volunteers have made the association successful.

"We have spring football, winter football and fall football. I'm just the yo-yo. Running around making phone calls, going to the bank, going to HRM for registrations — just running around," he said.

"They asked me last year for lists of everything I do. There have only been two years (in the past 47) that I haven't been president. The list of what I do made me tired to look at. I don't even know where to start. But I love it."

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Quentrel Provo of Stop the Violence Spread the Love hopes to make safety an election issue. JEFF HARPER/METRO

Violence 'affects all of us'

COMMUNITY

Organizer wants safe streets to be election issue



Alex Quon
For Metro | Halifax

Before Haligonians go to the polls this month, one man is

hoping he'll hear candidates address violence in the city.

Quentrel Provo, the man behind Stop the Violence Spread the Love, told Metro there is no doubt in his mind that violence needs to be addressed in the HRM and throughout Nova Scotia.

"We are losing lives at a high rate in Nova Scotia, we've had nine homicides this year and this affects all of us," he said in a recent interview.

And Provo said it's no long-

er the time just to talk about violence. He wants to see real action.

"Be there when there are initiatives regarding violence, be there when there are marches against violence," he said. "But don't just come because you're running for councillor, be there because you genuinely care."

The Stop the Violence march this past April saw hundreds of people walk in support of ending violence.



Police investigate the homicide of **Tyler Richards** on Cook Ave in Halifax earlier this year. JEFF HARPER/METRO

While Provo did put a call out asking local politicians to at-

tend, only a few councillors came out.

In the future he said that needs to change.

"(Violence) is affecting Nova Scotia as a whole and as a province, this is affecting the entire HRM," he said. "Every politician should be here."

According to the Halifax Regional Police, the rate of crime in the municipality decreased by nearly eight per cent from 2014 to 2015. But Provo said that we should keep

pushing for more change and more attention to what is going on in the city.

"People think we should only talk about violence when it's happening, but that's being part of the problem, we have to take this seriously because violence is happening every day," he said.

"You won't understand the pain these people are going through, but that's because we're trying to stop it from getting to that point."



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Talking ditch tax, asphalt plant in District 13

INFRASTRUCTURE

Voters want to have a dialogue on municipal costs, bylaws



Zane Woodford
Metro | Halifax

Voters in Hammonds Plains — St. Margarets have a few big issues on their minds heading into this month's municipal election.

According to District 13 resident Steve Keeling, Halifax Water's stormwater charge — better known as the 'ditch tax' — is right at the top of that list.

"The ditch tax is a huge deal," Keeling said in a recent interview. "It was no consultation, dropped on people, and no question, council just said, 'This is too hot a topic, we're going to divest ourselves,' and handed it off. And it's not been handled well, in terms of presentation or the optics of it."



Steve Keeling will be voting in District 13. ZANE WOODFORD/METRO

The \$39 charge has been controversial since its inception in 2015, when people who'd never before received a Halifax Water bill were caught off guard by the new charge, which is designed to cover maintenance costs for stormwater infrastructure.

"People see that they are not

being heard, or they feel they're not being heard, whether it's by HRM or Halifax Water or their councillor," Keeling said.

"Whether that's real or not, it's perception and that's the reality."

With a population of 24,288, District 13 takes in the com-

“People see that they are not being heard, or they feel they're not being heard.”

Steve Keeling

munities from Hubbards to Upper Tantallon along the St. Margarets Bay Road, and from Tantallon to Peggys Cove, plus Hubley, Lewis Lake, Stillwater Lake, Upper Hammonds Plains and portions of Timberlea and Hammonds Plains, including Kingswood South.

Another hot-button issue in District 13 is the proposed asphalt plant off Highway 103.

New Brunswick-based company Scotian Materials Limited has been trying for some time to get the municipality to change zoning bylaws to allow it to build a permanent asphalt plant north of Highway 103 and west of Little Indian Lake, Head of St. Margarets Bay.

Regional council started that process with a motion put forward, and supported, by area Coun. Matt Whitman in April 2015.

"That was the worst I've ever seen a politician handle a topic. There was no consultation prior to this being brought to council," Keeling said.

That summer, hundreds of people turned out to a public meeting to voice their concerns over the proposal, and the political wind changed.

"A lot of excuses, and a lot of backtracking, but next to no communication," Keeling said.

The process has been held up since, and council voted just last month in favour of Whitman's motion to direct staff to hold more consultation on the proposal. Keeling said he's looking to vote for a candidate that will put issues like these, and the

district itself, ahead of the municipality as a whole.

"Mr. Whitman seems to be more caught up in the accomplishments of Halifax in general," he said.

Whitman unseated the area's incumbent councillor in 2012, winning by a few hundred votes over Peter Lund.

This time, he's the incumbent, and he faces a tough challenger to re-election in Pamela Lovelace, a marketing a communications professional who cut her political teeth on the ditch tax issue.

He's also up against home renovator Harry Ward, who highlights his community volunteering experience.



Key Dates:

e-voting (online and by telephone) starts Oct. 4, runs every day till Oct. 13. Advanced polling in person on Oct. 8, 11.

Election Day is Oct. 15

Qualifications: must be at least 18 years old, Canadian citizen, Nova Scotia resident for six months, and an HRM resident before the first advanced polling day.

Check if you're registered: votersearch.halifax.ca/hrm/onvoterslist.html

Which district you live in: apps.halifax.ca/districtlookup

Where to vote: votersearch.halifax.ca/hrm/wheretovote.html

Any questions: call 902-490-VOTE (8683) or 1-844-301-VOTE (8683) or email election@halifax.ca

MAPPED | HALIFAX ELECTION DISTRICTS HAMMONDS PLAINS - ST. MARGARETS



Population: 24,288

Boundaries: District 13 takes in the communities from Hubbards to Upper Tantallon along the St. Margarets Bay Road, and from Tantallon to Peggys Cove, plus Hubley, Lewis Lake, Stillwater Lake, Upper Hammonds Plains and portions of Timberlea and Hammonds Plains, including Kingswood South.



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Singer Charlie A'Court, entertains guests at a house party in Hammond Plains, N.S., on a Saturday night. STRINGER/THE CANADIAN PRESS

Home is the hot new concert venue

ENTERTAINMENT

House parties with live music growing in popularity

Carolyn Kelly cradles a glass of wine in one hand and pats her English bulldog Dudley with the other as she nestles barefoot into a bright red bean bag chair, reclining comfortably as singer-songwriter Charlie A'Court wails on an acoustic guitar.

The sound of A'Court's powerful voice rolls through the warmly lit room where about 50 people are perched on bar stools, cuddling on couches and leaning on counter tops.

The audience bought tickets to the show, but this isn't a bar, lounge or any other typical music venue. It's Kelly's home.

"It's unlike anything you would experience in the downtown music scene," said Kelly of

watching a musician play inside her five-year-old house, tucked away at the end of a cul-de-sac in the rural Halifax suburb of Hammond Plains.

"It feels very personal and it brings together all of our neighbours and friends. It's just a really unique experience."

House concerts are becoming more popular in Canada, with homeowners opening their front doors to friends, neighbours and strangers alike for an intimate listening experience that can't quite be achieved in a bustling pub or theatre.



It can lay the groundwork for some very loyal, long-term supporters. People remember that evening.

Dan Magnan

At the A'Court concert, Kelly leans across her grey shag rug in her open concept living room and kitchen to get a top-up of wine from her husband Kevin. People are tapping sock feet against the hardwood floor and dozens of shoes are piled at the front entrance.

Even from the back of the room, you can see all of A'Court's subtleties — the veins that appear on his face when hitting high notes and the "Charlie" emblazoned on the back of his guitar strap.

Guests are getting accidentally locked in a nearby bathroom — there's a trick to the door. A woman knocks three times, signalling she needs assistance.

"I'm locked in the bathroom," A'Court belts into the microphone, swapping out a line from "Man Like Me," prompting an eruption of laughter from the crowd.

It doesn't get much more intimate than that.

THE CANADIAN PRESS

STREET CRIME

Teens charged with aggravated assault after man stabbed in hand

Two teens have been charged with aggravated assault after Halifax police said a man was severely cut in the hand.

At 2:55 a.m. Sunday morning, Halifax Regional Police patrol members responded to a call of a man having possibly been stabbed on Ochterloney Street near its intersection with Prince Albert Road.

The officers found a 47-year-old man suffering from a sig-

nificant laceration to his hand, according to a police release.

The victim told police he had been assaulted by a group of males not known to him, who had approached him in the street. A knife was brought out during the incident, and the victim injured his hand.

A number of patrol units responded, and a short time later five teenage males were arrested as they left a nearby wooded area.

As a result of investigation by multiple units, two of the males, both 17, face a charge of aggravated assault.

As of Metro's press time bail hearings were to be held for each of the teens Sunday evening.

The victim was taken to hospital for treatment of his injuries, which were not life-threatening.

Three of the other males arrested were released without charges. METRO

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MACPHEE FORD

Sexual Assault on Campus: A Metro Special Focus



From left: Paniz Khosroshahy of McGill University in Montreal, Ellie Ade Kur of the University of Toronto, Glynnis Kirchmeier, alumna of UBC, Tarrah McPherson of Mount St. Vincent University in Halifax and Mandi Gray of York University in Toronto. CALVIN SIT/FOR METRO, EDUARDO LIMA/METRO, DAVID RYDER/FOR METRO, JEFF HARPER/METRO

You don't know these women, but you should. They're members of the most important and organized national effort to fight campus sexual assault. Metro's **Rosemary Westwood** tells their stories.

The improbable five



Rosemary Westwood
Metro | Toronto

To the casual eye, there was nothing intimidating about them.

The five women, dressed for a midsummer heat wave in tank tops, dresses and short shorts, sat behind fold-out tables and passed around a single mic on a too-short cord.

It could have been any panel discussion, on any topic, on any campus across the country. The room at Ryerson University in Toronto bland and grey. The women, for the most part, were novice public speakers.

But the room was nonetheless gripped. And so, too, should be every university president in Canada.

These five women drawn from across the country, this somewhat unwilling motley crew of survivors and witnesses shut out from justice, this ragtag power group thrust together by rape and assault in a space they thought would be safe.



Join The Fight

Canada needs a national plan for campus sexual assault. Tell your story and pressure your MP using **#safercampusnow**

These are the five unlikely women taking on a \$40-billion university sector and demanding an end to the ineffective and alienating treatment of sexual-assault victims on campuses — the women who actually stand a chance of winning.

The most nationally known might be Mandi Gray, 28, a PhD student in sociology at York University in Toronto, whose rapist was recently sentenced to 18 months in jail (a conviction he's appealed). She spoke first, in a blend of shy body language and blunt words.

Then there's Paniz Khosroshahy, 20, a swift, staccato-talking third-year women's-studies major at McGill University in Montreal, prone to long tangents.

The poised and eloquent Ellie Ade Kur, 24, a PhD student in geography at the University of Toronto, preferred to stand up and pace, commanding the room like a Ted Talker.

There was Glynnis Kirchmeier, 28, a sharp, pragmatic alumna of the University of British Columbia, now skilled at navigating university bureaucracy.

And, finally Tarrah McPherson, 38, a former student at Mount St. Vincent University in Halifax, a mother of two and the most reluctant public figure of the five.

They had organized this event themselves in early August, calling it "What are Canadian Universities Ac-

tually Doing about Sexual Assault?" About 50 people, mostly women in their early 20s, filled a few rows of plastic chairs. It was the culmination of a week-long makeshift conference, where the women and some of their lawyers shared stories, traded legal tactics and began plans for a new, national hub of activism.

The panellists had been drawn to one another over the past few years as their stories hit the news: four women who complained to their school of sexual assault and found their schools wanting; and one woman who witnessed sexual harassment and became an

and harassment have centred on arguing that the offences themselves infringed on rights.

But McPherson, Kirchmeier and Gray are each alleging that it's their schools' sexual-assault practices, policies and protocols that discriminate against women — that the very systems supposedly designed to support victims are violating victims' human rights.

It's a unique legal tactic with no known precursor. And if any one of them is successful, it could set the new high bar for how universities handle sexual assault. But the



We're drawing linkages between these cases to demonstrate ... there needs to be oversight.

Mandi Gray

outspoken activist against her school's response. Like a growing number of women, they each chose to go public with their experiences.

But then they went further. Some started anti-sexual-assault organizations on their campuses. Some filed freedom-of-information requests on their schools' largely curtailed bureaucratic processes.

Most significantly, three of them have filed human-rights complaints that could cause profound changes.

Previous known human-rights complaints dealing with campus sexual assault

complaints also set out a clear template that women and assault victims could copy, at any university, in any province or territory. The three cases could be just the beginning.

Gray's case was the first, filed with the Ontario Human Rights Tribunal in June of 2015. It was the culmination of what she described as a "very long battle" with York University after she was raped by a fellow PhD student that January.

"I just wanted to return to campus without having to run

IN-DEPTH | HUMAN-RIGHTS COMPLAINTS

Three of the five women in this story have made human-rights complaints central to their advocacy.

What are they?

By law, every Canadian has the right to personal security and freedom from discrimination. Anyone who believes their rights have been violated — by their employer, say, or school — can complain to a federal or provincial agency.

How do they work?

If the agency accepts the complaint, there may be attempted mediation or early settlement. If unsuccessful, the matter moves to a court-like tribunal.

What do they accomplish?

Tribunals can set penalties and monetary damages. The decisions also serve as precedents.

into him," Gray told me.

Gray's complaint alleges, among other things, a failure of school policies, a lack of any centralized place to report and get information, a lack of adequately trained staff and a requirement to enter a school-administered tribunal process without her consent. In essence, she says, York discriminates against women in its approach to redressing complaints.

In response, York has defended its support for sexual-assault survivors, including counselling, emergency financial support and housing. It's also in the midst of developing a distinct sexual-assault policy to comply with Ontario's new Bill 132.

But Joanna Birenbaum, Gray's lawyer, told Metro that her client's human-rights complaint demands much more from schools' sexual-assault

policies than the new legislation requires.

• • •

Meanwhile, in Halifax, Tarrah McPherson had been facing similar institutional challenges at Mount Saint Vincent University after claiming sexual harassment by a professor. She alleges the school dissuaded her from filing a formal complaint, that support and advice was delayed and that the school did little to help her as she struggled academically. MSVU didn't have a separate sexual-assault policy at the time of her complaint; it has since created one.

"I didn't even know (a human-rights complaint) was an option for me," she said, until she did some research. In looking for precedents, she discovered Gray's case. Months later, in October 2015, McPherson's complaint was accepted by

Day 1: The power of five

the Nova Scotia Human Rights Commission. Part of her claim asks for the school to improve its sexual-assault policies.

When Glynnis Kirchmeier, the UBC alumna, heard about Gray's case, it gave her a few ideas. Unlike Gray, she had not experienced sexual violence. But she had played a critical and visible role in excoriating UBC for policies that impacted her fellow students.

She filed a freedom-of-information request first, looking for details on UBC's policies and privacy rules. Then she hired Clea Parfitt, a lawyer with experience litigating against universities. Together, they wrote the complaint as a kind of road map, a detailed

account of what both lawyer and client believe a campus should have so as not to discriminate against women. Kirchmeier's complaint — filed in March 2016 to the B.C. Human Rights Tribunal — is also different in its third-party status. Sexual-assault survivors will testify as witnesses, if necessary, but the mere fact of the complaint means it's possible for anyone in B.C. to challenge a university's sexual-assault protocols.

For all three complaints, this fall will be pivotal.

On Oct. 24, Kirchmeier's case will enter mediation in B.C., where lawyers, UBC administrators and Kirchmeier will sit down to figure out if a

deal can be struck without further litigation. (UBC wouldn't comment on specifics, beyond its participation in the process.) If that fails, the next step is to schedule a hearing.

Sometime in November, Gray's case is expected to enter a similar process. Nova Scotia's Human Rights Commission is investigating McPherson's case, and the decision about whether to move forward to a board of inquiry is expected in the coming months. (Mount Saint Vincent University did not comment on the case but will "comply fully with any investigative process.")

But the larger political project, as Gray describes it, lies in this new national network the women are forming: "We're drawing the linkages between

these cases to demonstrate this is, in fact, a systemic-level issue and there needs to be some kind of oversight, an external body to hold these universities accountable."

When Paniz Khosroshahy was raped by a fellow McGill University student in Sept. 2014, she felt the lack of just such a group.

"I had no idea what was going on in other schools because there's no centralized group that's sharing all this information," she said. "That's one of the problems we want to hopefully address." She envisions a website that shares stories and educates students on the laws in their provinces.

For Ellie Ade Kur, who was sexually assaulted while an undergraduate at the Uni-

versity of Toronto, grassroots community organizing holds the best hope — more than revised policies or legislation — of giving sexual-assault survivors the support they need.

At that first national meeting, that hot summer evening, the women had few kind words for consent education, the posters, buttons and campaigns that swept across university campuses last month.

Gray dubbed it "the fetishization of consent education," an easy PR tactic far less expensive and time consuming than creating a comprehensive response to sexual assault.

"My attacker knew what consent was," Gray said, as the panel was winding down.

"I don't need a hashtag," Ade Kur said. "I need help."

About the series

Mon. | The power of five

The most organized and important Canada-wide effort to combat campus sexual assault comes not from the RCMP or Justice Department but from an unlikely crew of five normal young women from across the country.

Tues. | A federal vacuum

The problem is national, but solutions have been regional and parochial.

Wed. | The U.S. example

The U.S.'s federal anti-discrimination laws and directives from the White House combine to create more rigorous requirements for American post-secondary schools to protect students.

Thurs. | Dearth of data

There is no national database on campus sexual violence. We don't know how big the problem is because no one is incentivized to find out.

Fri. | The way ahead

We have a problem; we need a plan.

The plan

Mandi, Tarrah, Glynnis, Ellie and Paniz have only met once face-to-face. But from separate parts of the country, they're coordinating a national movement.

2. Telling their stories.

Khosroshahy has written columns about her assault. Gray blogs and is making a documentary.

1. Going public.

All five are putting their names and reputations on the line, speaking to media to grow awareness.

3. FOIA requests.

Using access-to-information laws, the women have requested their policies and correspondence.

4. National organization.

They envision an online portal with legal info, survivor resources and advocacy.

5. Human-rights claims.

By alleging school policies infringe rights on the basis of gender, and by demanding remedies, the women provide a road map to advocates.

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New threat on the streets

HEALTH

Officials fear dangerous W-18 drug may take fentanyl's place

As Canada struggles with a deadly epidemic linked to the powerful painkiller fentanyl, a new and potentially more lethal threat is already emerging.

Invented in a University of Alberta laboratory in 1981, the drug known as W-18 was designed as a non-addictive painkiller. It was patented but never developed by pharmaceutical companies for public use, yet someone is manufacturing it.

When the drug was patented, testing on mice showed it was 10,000 times more powerful than morphine, according to Health Canada.

"This suggests a potentially severe risk for harm to individuals," the agency warned this summer in passing regulations that will soon make W-18 a Schedule 1 drug under the Controlled Drug and Substances Act, along with the likes of heroin and cocaine.



W-18 was designed as a non-addictive painkiller. It was never developed for public use, yet someone is manufacturing it. CONTRIBUTED

Health Canada noted there was "limited scientific information" available about the drug though more testing is underway.

Despite the risks, W-18 is showing up with more frequency in police drug hauls, according to Health Canada figures.

In 2015, there were just three drug seizures by Canadian police that tested positive for W-18 at Health Canada laboratories.

So far in 2016 there have been more than 30 positive tests — for an average of more than three times a month, according to Health Canada. Fifteen cases

occurred in British Columbia and 14 in Alberta.

But the drug has also started showing up in Ontario, where W-18 has been detected on two occasions so far this year. Both cases involved drug seizures made by the Greater Sudbury Police.

One resulted in three men — from Sudbury, Toronto and Manitoulin Island — being arrested May 12, according to a spokesperson for the force.

The emergence of W-18 and other obscure synthetic drugs is due to the squeeze by law en-

forcement on more prominent or easily accessible drugs, police say.

An RCMP intelligence report published this month attributed the rise in fentanyl use, and the record number of deaths and overdoses, to the removal of the painkiller OxyContin from the market in 2012.

As law enforcement now clamps down on fentanyl production, W-18 is considered to be "at the high end of the threat spectrum" to take its place, the report said.

British Columbia has declared a health emergency over the

fentanyl crisis, and there is pressure to do the same in Alberta. The Quebec government has been asked to better control prescriptions of opioid painkillers for fear of being swept up in the deadly drug wave.

This summer, Ontario became the first province to stop paying for high doses of morphine and fentanyl in a bid to prevent addiction and overdoses. But the Ontario Association of Chiefs of Police warned a few weeks ago that the province is already facing a "chronic opioid crisis."

TORSTAR NEWS SERVICE

Indigenous court first for Canada

The Mohawk band council of Akwesasne has introduced what is considered the first indigenous legal system in Canada outside a federal framework.

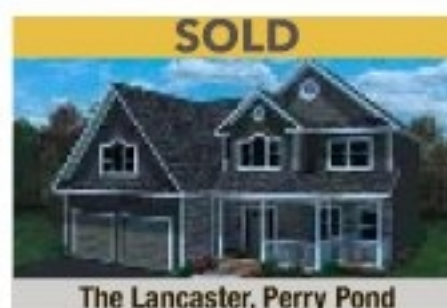
While First Nations band councils have been passing and enforcing legislation on reserves across the country for decades, those by-laws are either tied to the Indian Act or within a self-governance agreement with the federal government. What's special about the new court law passed by the council of Akwesasne is that it was drafted by the community.

"It's a historical moment. It's the first in Canada," said Joyce King, director of justice in Akwesasne.

Justices and prosecutors must enforce 32 laws that cover civil matters including tobacco regulations, sanitation, elections, property and wildlife conservation. Criminal matters are still settled outside the territory, in federal or provincial courts.

Akwesasne's council decided to mix aspects of Canada's justice system with Mohawk values, such as considering the talents of the offending party and using them to benefit the community.

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Syrian volunteers carry an injured person on a stretcher following Syrian government forces airstrikes on the rebel held neighbourhood of Heluk in Aleppo, on Sept. 30. AFP/GETTY IMAGES

Military calls on rebels to surrender

SYRIA

UN says Aleppo health services have been 'all but obliterated'

Syrian rebels and pro-government forces clashed Sunday on several fronts around Aleppo as the country's military command called on militants to lay down their weapons and evacuate the contested city.

A day after pro-government forces captured the strategic al-Shuqef hill north of the city, the Britain-based Syrian Observatory for Human Rights monitoring

group reported fierce fighting in areas near the hill and in the Bustan al-Basha neighbourhood.

The two sides also clashed in Aleppo's southern Sheikh Saeed neighbourhood.

The government's attempt to penetrate Aleppo's opposition-held eastern side has been accompanied by a relentless campaign of airstrikes by Russian and Syrian warplanes.

President Bashar Assad's forces are depending on the Russia bombardment and Iran-backed militias for support.

A spokesman for the Nour el-Din el-Zinki rebel faction told The Associated Press that foreign fighters were actively participating in the government's ground

campaign. He said rebels could identify Lebanese and Iraqi militias by their flags.

An airstrike, meanwhile, targeted a rebel headquarter near the central city of Hama, killing at least six militants, the Observatory said.

The UN's humanitarian chief, Stephen O'Brien, reported that eastern Aleppo's health system has been "all but obliterated" by shelling and bombardment.

"Medical facilities are being hit one by one," O'Brien said in a statement that called for a 48-hour humanitarian pause to the fighting each week. The UN estimates 275,000 people are trapped by the government siege.

THE ASSOCIATED PRESS

EGYPT

Lawmaker's call for virginity tests draws ire

A women's rights group has filed a legal complaint against an Egyptian lawmaker who called for mandatory virginity tests for women seeking university admission, the Al-Masry Al-Youm newspaper reported Sunday.

It quoted Maya Morsi, head of the state-sanctioned National Council for Women, as saying the complaint demands the expulsion from parliament of Ilhami Agha and a criminal investigation into his actions. She said the lawmaker was harming the reputation of Egyptian women, men and the country itself.

Agha said in an interview

last week that virginity tests were needed to combat the proliferation of informal marriages, known as "gawaz orfy," between students. Virtually expense free, such marriages have become more popular in recent years because of high youth unemployment and a shortage of affordable housing.

The gawaz orfy is widely viewed as a religiously sanctioned way of having premarital sex, a taboo in mostly conservative and majority Muslim Egypt. Muslim clerics have spoken out against such marriages.

THE ASSOCIATED PRESS

COLOMBIA

Peace deal threatened after referendum

Colombia's peace deal with leftist rebels seemed headed to defeat as voters appeared to have rejected the deal with FARC rebels by a razor-thin margin in Sunday's referendum, delivering a major shock to the war-torn country less than a week after it was signed in front of heads of states. FARC's leader, known by his nom de guerre Timochenko, reiterated Sunday his group's willingness to continue working toward peace. THE ASSOCIATED PRESS

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THE QUESTION How can I make my friend stop asking about my relationship status?

Dear Ellen,

I was out with a friend who is married. I really like her, and even though we only see each other a few times a year, we always have lots to talk about, except that she always asks if I'm seeing anyone, which makes me feel bad. I feel like she is judging me, or like I'm disappointing her. But I'm afraid to say anything in case I sound defensive. How do I politely get her to stop asking me this question all the time?

Signed,
Single Lady

Dear Single,

A good marriage is a blessing. Who wouldn't want to go through life shoulder to shoulder with a trusted ally whose love and support heightens every joy and softens every blow? Many single people desperately yearn to have this. As do many married people.

I'm always suspicious when marrieds persistently check up on everyone else's relationship status — the phrase "mis-

ery loves company" springs to mind. In my experience, people who are happily married don't care whether anyone else is or not. They don't need to constantly monitor your progress, or lack thereof, toward coupledness in order to feel better about their own coupled-into-death existence.

Whatever their motivation, you have every right to feel affronted, because it's rude. Even in the olden days, when marriage was mindlessly ac-

cepted as the only acceptable outcome, asking whether you're paired with anyone would have been inappropriate. Nowadays, with marriage reduced to a half-normal proposition, it's even more presumptuous and inappropriate.

Some people ask out of crass ignorance. They don't realize that wanting to know if you're "seeing someone" is basically asking, "Ya gettin' any?" One way to handle this is to answer, "No, not at the

moment, but since we're on the subject, what about you? Are you and your partner having sex these days? I hear a lot of married people get bored with their sex lives, and I guess having children really kills it." If they take offence at this, simply tell them: "Gosh, I'm so sorry, but I'm only asking because I care about you and I want you to be as happy as I am with my insanely good, unmarried sex life!"

Worse than crass, but more to be pitied, are the unhappily married people who ask out of a subconscious need to be validated. These are the people who go through life doubting their own choices, while fearing and despising anyone who makes different choices (and being single is just as much a choice as getting or staying married; anyone with a pulse and Internet access can be in a relationship if they really want to be).

In other words, if you feel your friend is "judging" you, or that your single state is "disappointing" her, you're probably right. Chances are, she needs everyone to be — or at least want to be — married like her. You could broach it with her if you want a deeper, more honest relationship. Otherwise, let her have it. For her, pretending it's better, or luckier, or smarter to be married, and being able to lord it over poor pathetic unmarried you, might be the only thing keeping her warm at night.

Need advice?

Email Ellen:

askellen@metronews.ca

Sunny ways carry a whiff of Harper days



Thomas
Walkom

When Justin Trudeau's Liberals won last year's election, many Canadians were ecstatic.

Compared to outgoing PM Stephen Harper, Trudeau seemed — to these voters at least — a breath of fresh air.

The working assumption was that things would be done differently in Ottawa. As it turned out, some things were very different.

The new Liberal government negotiated a deal with the provinces to expand the Canada Pension Plan, something the Harper Conservatives were dead-set against. It also replaced Harper's universal baby bonus with one targeted to income.

It established the inquiry into murdered and missing indigenous women that Harper refused to set up. It reduced the eligibility age for full old-age security back down to 65.

But in key areas, Harperism remains.

The country got a taste of that last week when Ottawa approved a liquefied natural gas plant on British Columbia's Pacific coast, as well as a pipeline to that plant.

It was the decision Harper would have made. And it angered the same critics.

Environmentalists pointed to the massive increase in carbon emissions that will result from the decision. Some First Nations said it will destroy the local fish habitat.

Like Harper, the new prime minister is willing to sacrifice environmental and aboriginal concerns to get things done.

Like Harper, they have relied on the provinces to curb climate change. Unlike Harper, they are talking of setting a national carbon price. But they have given no hint as to whether this national price will reduce emissions sufficiently to allow them to meet their targets.

In fact, unless any new national carbon price is higher than those already in use by Ontario, Quebec, Alberta and B.C., it won't suffice.

On terrorism and national security, the new government is resolutely Harperesque.

The Liberals promised to roll back elements of Bill C-51, Harper's addition to anti-terror laws. But so far they have done no such thing.

On it goes.

The economy? Harper preached pipelines, free trade deals and foreign investment. So does Trudeau. The two have differed, though, on which pipelines to back.

They may have disagreed on when to run deficits, but both were willing to put government finances in the red in order to boost economic growth.

None of this is to suggest that Trudeau's Liberal government is identical to that of Conservative Harper. It is not.

But there is a remarkable continuity.

Thomas Walkom is a national columnist for the Toronto Star.

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A double scoop of social justice

INTERVIEW

Jerry Greenfield on the reasons Ben & Jerry's gets political

Liz Brown
Metro | Canada



Jerry Greenfield is well aware of the power of a scoop of ice cream.

After greeting me with a giant bear hug, the co-founder of Ben & Jerry's sets about scooping up free cups of his chocolate chip cookie dough flavour for a crowd of students before settling down to discuss the real reason he's in Toronto: climate change.

Greenfield was participating in a forum last week as part of the Enactus World Cup — an event that brought students and business leaders from around the globe together to talk about how entrepreneurship can fuel social change.

It was a crafty move to offer free treats to hungry conference attendees, perhaps even an attempt to sweeten up the people who may ask hard questions.

Indeed, after indulging, I feel a bit hypocritical pointing out his company's own carbon footprint — but I forge ahead, because nearly 15 per cent of the world's global greenhouse gases come from livestock (and the dairy cattle that produce his brand's ice cream). It's a point

that needs to be addressed.

"It's interesting, when we did our analysis, we found that 42 per cent of our (CO2) impact is through dairy," he concedes.

But Ben & Jerry's has been leading the way with new technology in an effort to slash their greenhouse emissions by 80 per cent by 2020. This includes purchasing 100 per cent of its electricity from renewable sources for all its U.S. sites and using a machine nicknamed the Chunkinator at its factory in the Netherlands, which transforms ice cream byproducts into energy.

"We're not on track," admits Ben & Jerry's PR director Sean Greenwood, when asked how close they are to meeting that 2020 goal. "But that's the exciting part of it, there are renewable energy technologies being developed every day that are going to help us meet that goal."

Upon cursory examination, this all seems like another corporate feel-good mission, except it's coming from Greenfield — a guy who earlier this year was arrested for 'unlawful demonstration activities' at the U.S. Capitol, along with his sidekick Ben Cohen.

In April, they joined 300 other protesters as part of the Democracy Awakening movement to protect voting rights, reduce corporate influence on politics and ask for action on climate change, and workers' rights.

"There's not enough social justice in this world," says Greenfield when asked why he's been so vocal about so many issues.

For him, climate change is

the greatest social issue of all because of the impact it has on the world's poorest nations, who depend more heavily on weather conditions for their livelihoods and successful agriculture.

"We strongly felt at Ben & Jerry's that if we were going to be involved in making this product that has such a heavy impact, we need to do whatever we can to minimize those impacts," he says.

Ben & Jerry's, which started and has its headquarters in Vermont, has always had an activist streak. In the 1980s they took a position on U.S. military spending, pushing the government to take money out of the Pentagon budget and use it for more 'human' needs like education and health care.

More recently, both Ben & Jerry were vocal in their support of Bernie Sanders' run for the Democratic nomination, with Ben even coming up with a special flavour — Bernie's Yearning — a 99 per cent vanilla flavour with a one per cent hard chocolate top.

"It was NOT a Ben & Jerry's flavour," clarifies Greenfield. "But it was part of the Ben's Best Line of Flavours, which contains only one flavour. This one."

When asked if the pair would ever consider making a custom flavour for Hillary Clinton or Donald Trump, Greenfield shakes his head. "Don't hold your breath."

But back on the topic of being an activist businessman: "What ice cream really helps with is that it's allowed Ben & Jerry's to talk about pretty serious, divisive issues, but to do it in a way



Jerry Greenfield scoops ice cream for attendees at the Enactus World Cup in Toronto last week. LIZ BROWN/METRO

that is lighthearted, and over sharing ice cream together."

"It opens up people's hearts to be eating ice cream. Particularly

if it's free," he says, laughing.

And once he has the people sweetened up — "they'll be willing to consider social justice."



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WHY I LIKE MY JOB

Matthew Isaacs, 25, HVAC/R and Building Maintenance Assistant at OCAD University in Toronto, Ont.

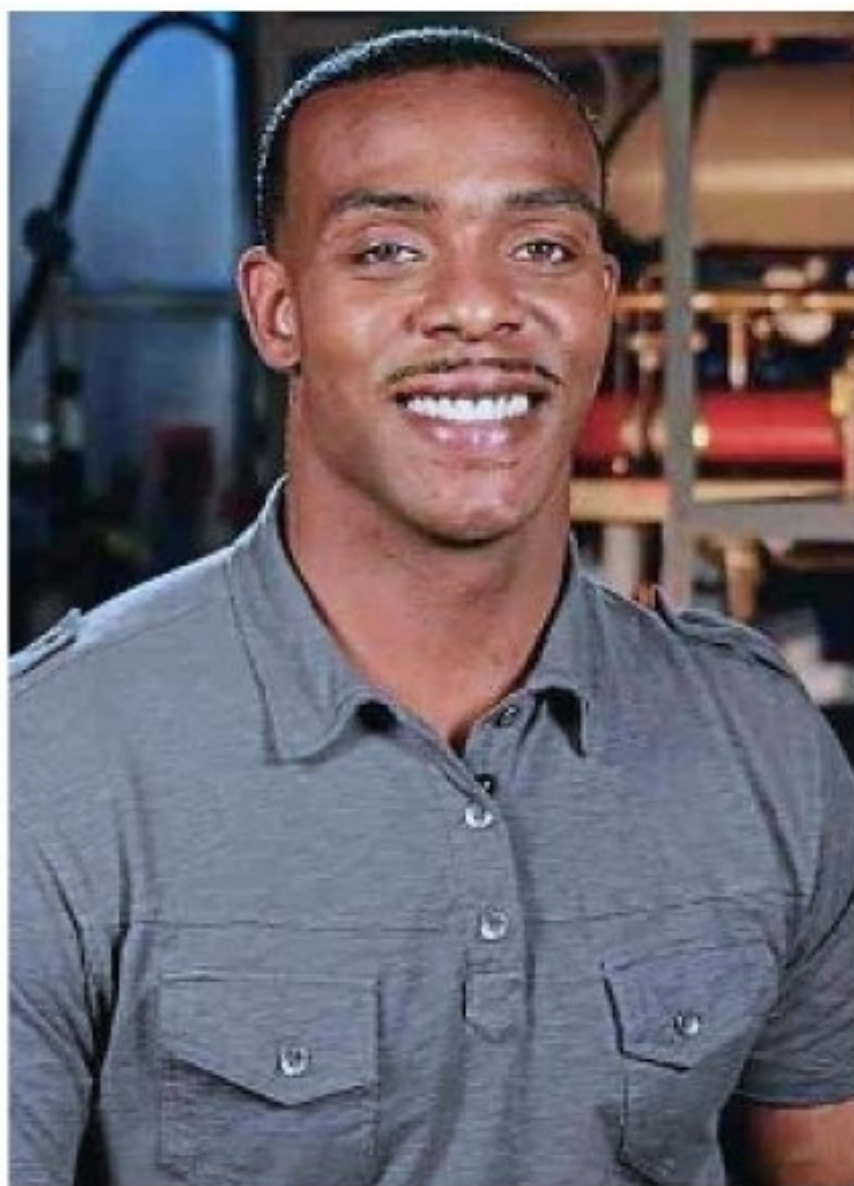
I was introduced to the business of heating, ventilation, air conditioning and refrigeration (HVAC/R) through a few friends who spoke highly of their experience in the industry.

Based on their recommendations and my desire to work in a challenging and technical field, I decided to enrol in Humber College's three-year HVAC/R technology program. There, I gained valuable knowledge of engineering practices, oil codes, piping systems and computer-aided design.

Following graduation, I had the opportunity to apprentice with a company that specialized in residential air conditioner installations and duct cleaning. I've since transitioned to a role with OCAD University, where I am responsible for the general maintenance of various energy systems on campus.

I've always enjoyed piecing parts together to create a working product, which made HVAC/R a fitting career choice.

I've been fortunate to work under the guidance of several experts who have helped improve my knowledge of evolving technologies, and I'm very excited for the opportunities that lay ahead.



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HOW TO START

The mechanical and electrical principles involved in setting up, maintaining and repairing HVAC/R systems are commonly taught in trade schools or technical colleges. Lasting an average of four semesters, HVAC/R programs provide students with a foundation of knowledge and skills to confidently design and retrofit building systems, including water and fuel supply lines, vents, pumps and air ducts. Graduates will be eligible for a head start on an apprenticeship, involving up to 7,800 hours of paid, on-the-job training before becoming a licensed journeyman.

WHERE YOU CAN GO

There will always be a demand for heating systems, air conditioners and the experts who install them. Most trained technicians find employment with construction firms, manufacturing plants and retail service outlets specializing in equipment repairs. Opportunities also exist in government buildings — making public safety a top priority.

NEXT CAREER STEP

Those seeking career advancement may opt for a role in equipment sales or consider employment in the gas heating industry by obtaining the provincially-regulated gas fitter certification. Keeping current on industry technology will also prove beneficial, since many modern buildings are upgrading to complex, automated HVAC/R systems.

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The secret shame of the middle class



"The idea of not being successful financially in America is such a stigma"
 Writer Neal Gabler

Millions of adults don't have savings to cover a \$400 emergency, but they don't talk about it because they are embarrassed or ashamed, according to a new book by Neal Gabler. ISTOCK

PERSONAL FINANCE

Most people don't talk about their money stress

Writer Neal Gabler broke the don't-talk-about-money taboo with an Atlantic article, *The Secret Shame of Middle-Class Americans*.

"The idea of not being successful financially in America is such a stigma," says Gabler, who revealed in the article that he was among the millions of adults who didn't have savings

to cover a \$400 emergency. "That's the reason people don't talk about it, because they take their failure personally."

Yet financial stress is epidemic. Nearly three-quarters of U.S. adults admitted feeling stressed about money, and 22 per cent reported extreme stress in a 2015 study commissioned by the American Psychological Association, "Stress in America: Paying With Our Health".

Despite its pervasiveness, most people don't disclose the financial pressures they face. In a study commissioned by Umpqua Bank, 77 per cent of respondents said they didn't talk about their money stress,

often because they were embarrassed or ashamed or thought no one would understand.

"Yet, of that 23 per cent of folks who did talk about it, 70 per cent of them felt better after doing so," says Eve Callahan, Umpqua's executive vice-president of corporate communications.

Research by James W. Pennebaker of the University of Texas at Austin and others found that talking or writing about traumatic events can alleviate distress, improve immune function and lead to better health.

Even a small amount of savings can help people weather shocks. THE ASSOCIATED PRESS

CONCEIVING

IVF is a big time commitment

Patients undergoing fertility treatment can find it hard to balance work with appointments.

When Stephanie Martin was trying to conceive her first child, she was fortunate enough to get treatment across the street from her office. It was a good thing, too, since she had to be there 10 or 12 days each month.

"While colleagues would think I was stepping out for a morning coffee, I was really across the street having an insemination," says Martin. "Same went with fertility acupuncture treatments over lunch time."

For those who experience infertility — an estimated 11 to 16 per cent of Canadian couples, according to a 2012 federal study — this is a familiar dance. "It's a huge undertaking and it's really hard to navigate it with work," says Martin's acupuncturist, Mary Wong, a traditional Chinese medical practitioner and author of a new book called *Pathways to Pregnancy: Personal Stories and Practical Advice for Your Fertility Journey*. She says most of the time women do not tell their employers they're going through these kinds of procedures.

"People find it difficult to talk about because there is shame.



Mary Wong TORSTAR NEWS SERVICE

There's judgment, that if you can't conceive, maybe you should 'just adopt,'" says Wong.

As a result, many people are silenced by fear of having their choices questioned, says Wong. And that's in addition to the usual trepidation about being counted out of opportunities at work because your manager expects you'll be going on maternity leave soon.

Women going through a cycle of in vitro fertilization (IVF) usually start going into their fertility clinic on Day 3 of their menstrual cycles, explains Wong. If you have a 9-to-5 job,

you've got to get to the clinic early in the morning for blood work, a vaginal ultrasound and an appointment with the doctor before hoofing it — often across town — to work by 9 a.m. Also, the timing for injecting hormones is very delicate and may fall in the middle of the workday.

In addition to the conventional medical side, a person who is trying to conceive may also be seeing a naturopath, an acupuncturist and a counsellor, says Martin.

"It can be overwhelming for a fertility patient to do it all and do it all with a brave face as the months pass without success and the fertility clinic bills paid pile up."

Wong recommends that women seek out at least one confidant at work who can provide support and perhaps even cover for them if needed. If your employer is receptive to telecommuting once or twice a week, that can also really take the pressure off because there's no one there to notice if your appointment ran slightly late and where you can easily make up the time by liberating your commute to the office.

TORSTAR NEWS SERVICE

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The Philadelphia 76ers gave no timetable for the return of No. 1 pick Ben Simmons who will likely need surgery for a broken bone in his right foot



Jays drive wild ride into the playoffs

MLB

Toronto clinches berth in one-game battle with O's

Aaron Sanchez said he didn't know — and didn't care — that the Blue Jays had already clinched a spot in baseball's post-season.

Toronto still had a chance to host the AL wild-card game, and Sanchez wanted the win.

"I wasn't ready to go home," he said after the Blue Jays beat the Boston Red Sox 2-1 in the regular-season finale on Sunday to claim the AL's top wild-card berth. "For it to come down to (Game) 162, and me being out there ... there was a lot at stake in that game. And it was in my hands."

Sanchez took a no-hitter into the seventh, and Troy Tulowitzki singled to break an eighth-inning tie. Roberto Osuna retired David Ortiz on a weak nubber in front of the plate on the final regular season at-bat of his career, and then got Jackie Bradley Jr. on a groundout with two on to finish the game.

The Blue Jays had a muted celebration on the field, then popped champagne in the visitor's clubhouse at Fenway Park.

"I'm (usually) straight-faced," Tulowitzki said. "But that was



Jose Bautista sprays Michael Saunders with champagne after the Blue Jays clinched a wild-card berth on Sunday in Boston. MADDIE MEYER/GETTY IMAGES

SUNDAY In Boston



fun out there."

Toronto clinched a spot in the post-season when Detroit lost to Atlanta 1-0 earlier Sunday evening. With their win in Boston, the Blue Jays earned the right to host the Baltimore Orioles in

a one-game playoff on Tuesday.

The Red Sox will start their AL Division Series against the Indians on Thursday in Cleveland.

"We've been able to win on the road and that's where our playoff journey begins," Boston manager John Farrell said.

Pitching with Jose Fernandez's initials on his hat in tribute to the Marlins pitcher who died last week, Sanchez held Boston hitless until Hanley Ramirez's disputed home run with two outs in the seventh. The ball

sailed over the foul pole above the Green Monster.

Sanchez tried to wave the ball foul and then yelled to the umpire, "No way!" But the replay upheld the original call.

Xander Bogaerts followed with a single — the only other hit allowed by Sanchez, who lowered his ERA to 3.00 and clinched the AL title. In all, Sanchez (15-2) allowed one run, walking two, striking out six and hitting a batter.

THE ASSOCIATED PRESS

RYDER CUP

Americans back on top following rout

This wasn't about being maybe the best team ever assembled. The Americans were simply a team, and they finally won back the Ryder Cup.

Phil Mickelson led the Americans behind the scenes. Patrick Reed powered them with his passion on the golf course. And it was Ryan Moore, the final captain's pick who wasn't even on the team until a week ago Sunday, who delivered the cup-clinching point in the 17-11 victory at Hazeltine.

Moore finished eagle-birdie-par for a 1-up victory over Lee Westwood, and the celebration was on.

"When put in the right environment, the U.S. team brought

out some amazing golf," Mickelson said. "And we're bringing back the Ryder Cup because of it."

Reed outduelled and outshouted Rory McIlroy for a 1-up victory, and by then the back end of the scoreboard was filled with American red.

After the Americans lost for the third straight time in 2014 at Glen-eagles, Mickelson put his image on the line by publicly challenging captain Tom Watson at the closing press conference. As a strong voice within the U.S. task force, he was under pressure all week and delivered 2-1/2 points, including a halve with Sergio Garcia in which both birdied the final two holes. THE ASSOCIATED PRESS

2008

The last time the U.S. had won the Ryder Cup.

IN BRIEF

Bills run over Patriots

Buffalo took advantage of sloppy, Tom Brady-less New England to hand the Patriots their first home shutout at Gillette Stadium, winning 16-0 Sunday.

It was the first loss of the season for New England (3-1), which was playing its final game before Brady returns from his four-game "Deflategate" suspension.

Tyrod Taylor connected with LeSean McCoy for a seven-yard touchdown pass for the Bills (2-2).

THE ASSOCIATED PRESS

Tottenham hands Pep his first loss with City

Tottenham ended Pep Guardiola's perfect Premier League start with Manchester City with an impressive 2-0 victory on Sunday that left the London club as the only unbeaten side.

Following City's own goal in the ninth minute, Tottenham extended its lead when Dele Alli combined with Heung-Min Son before sweeping a shot past Claudio Bravo in the 37th minute. THE ASSOCIATED PRESS

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RECIPE Chinese 5-Spice Chicken Tray Bake



PHOTO: LILIA ASHTARI

Ceri Marsh & Laura Keogh
For Metro Canada

This tray bake is next level deliciousness with warm and fragrant Chinese 5-Spice.

Ready in 20 minutes

Prep time: 1 hour
Cook time: 20 minutes
Serves 4

Ingredients

- 3 Tbsp olive oil, plus extra for onions
- 4 - 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

3. Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

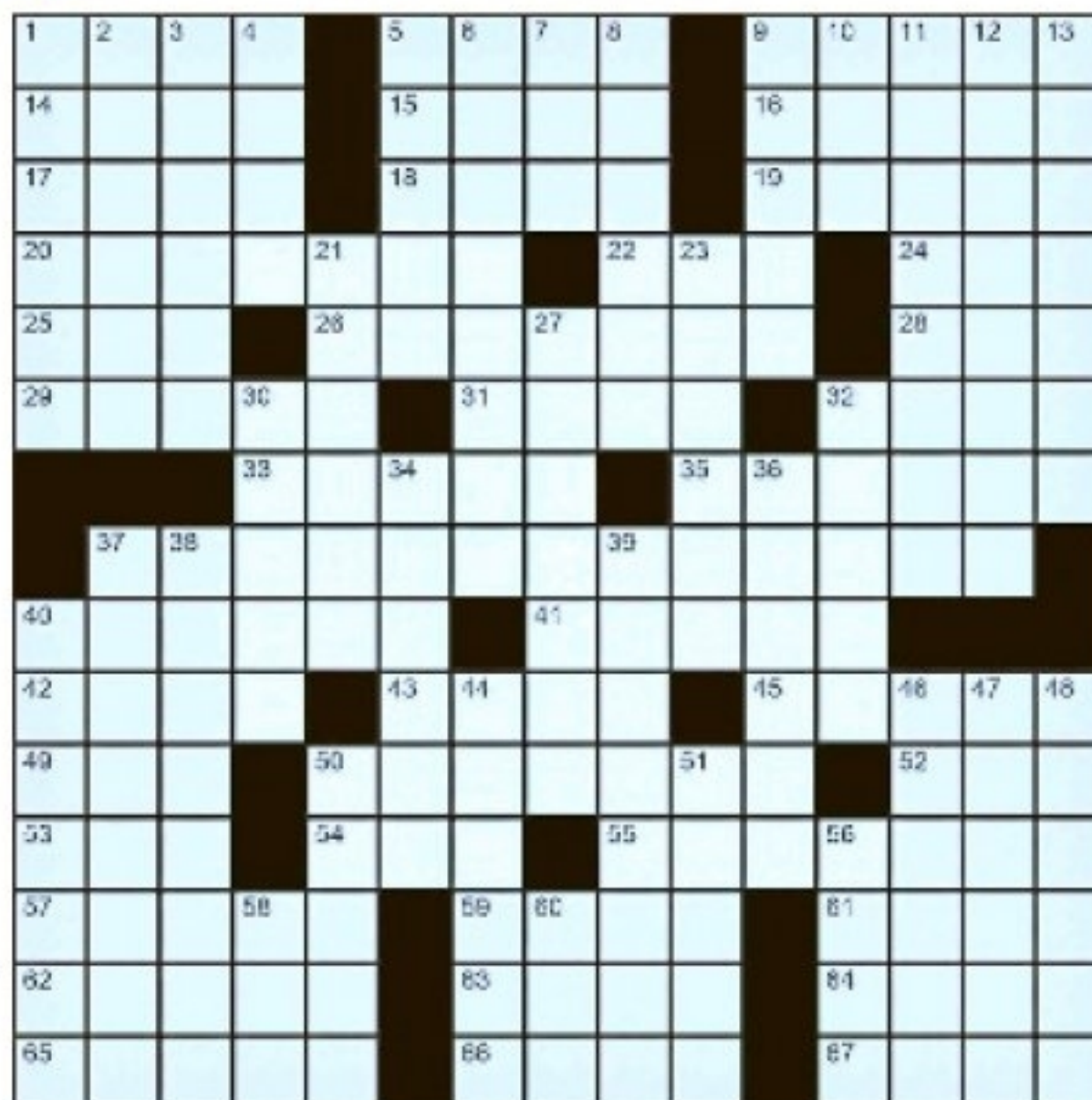
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Ben Affleck movie
- From way off
- Cry-ily complain
- Gradually withdraw
- Capital of Latvia
- Macho guy
- Border on
- Army (Military kid)
- Enter the data
- Late Baroque
- Ornate styles of the 18th-century
- Suppositions
- "R.O.C.K. in the ___" by John Mellencamp
- Expression for Homer Simpson
- Gallery's draw
- Agnus (Lamb of God)
- After-showering mist
- Five-star
- Sharon of "Boston Public"
- Myrrh, for example
- Slopes
- Montreal-born/Hamilton-raised rocker of platinum hit "Mama Let Him Play": 2 wds.
- Dar es (Tanzania city)
- Angry, in days of yore
- Ed of "Daniel Boone"
- Splotch
- Do a professor's work
- Peacock network
- Newly minted word or phrase



- Green Day drummer Mr. Cool
- On the (Precisely punctual)
- Supermodel Carol
- Spiral-tusked Arctic whale
- "Parliament" suffix

- Pare
- Memorization method
- TMZ.com founder Harvey
- Loaf
- Yahweh's 'yeah!'
- "Did you ___ keys anywhere? I still can't find them."

- Pottery piece
- Father, in Quebec

DOWN

- Junos and CCMA's
- Start the computer again
- Unpolished/

- tactless
- Particular preposition
- Ann (Michigan)
- Health crisis care: 2 wds.
- Classic range cooker company
- Conserve the food

- Eggs-whipping gadget
- Female octopus
- Insolent
- Cause the stomach to be upset
- Necessitates
- Photographer's tool
- Wet plaster mural
- Victorious! Community of northeastern British Columbia
- Tapestry wallhanging
- Workshop machine
- Icon
- "The ___" by The Box Tops
- Boisterous country festivity
- Not compulsory, as some surgery
- Citify
- Tropical resort footwear
- Small
- Not away from one's abode: 2 wds.
- Volcano opening
- La Belle (1864 comic operetta by Jacques Offenbach)
- Astute/shrewd
- Nintendo enthusiast
- Shawl
- Point
- Uncooked

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Remember to learn whatever you can so that you are performance-ready for a career peak in 2018. Whatever you do now will pay off then.

Taurus April 21 - May 21
Many of you are forced to rely on your own resources now. You can do this! Furthermore, this will strengthen you for a career peak four years from now.

Gemini May 22 - June 21
This is a fun-loving, playful time for you. Nevertheless, your relations with spouses, partners and close friends will be tested in the next year.

Cancer June 22 - July 23
Continue to work hard at your job even though you might feel overwhelmed. You can handle what you must do. You will get recognition for this in 2018.

Leo July 24 - Aug. 23
This is a busy time for you. Enjoy schmoozing with others. Likewise, enjoy redecorating where you live and entertaining at home.

Virgo Aug. 24 - Sept. 23
One reason you want to boost your income now is you are doing everything you can to secure your home and make it a safe refuge for your family. Focus on repairs and home improvements.

Libra Sept. 24 - Oct. 23
This is a powerful time for you. Be aware that many of you will have a change of residence or job during the coming year.

Scorpio Oct. 24 - Nov. 22
For the next month, your ability to convince others is amazing. Use this to your advantage, especially if you write, sell, market, teach or act.

Sagittarius Nov. 23 - Dec. 21
For a year now, you have been sailing in a new direction after having given up so much during 2012-2015. You are on a path to define the new you!

Capricorn Dec. 22 - Jan. 20
This continues to be a time of downsizing and letting go of what is no longer relevant in your life. This month, friends are supportive to you. Use their help if necessary.

Aquarius Jan. 21 - Feb. 19
Matters related to inheritances and shared property will go forward with more clarity now. If you need help from bosses, parents and VIPs, ask for it.

Pisces Feb. 20 - March 20
This is a time of harvest for your sign. You see now what is working and what is not. If possible, reward yourself with some fun travel, because you deserve it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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